

EAT WELL • LIVE WELL • BE WELL

nourish

RECIPES FOR GOOD HEALTH • HEALTHY LIVING

TIPS TO FEEL YOUR BEST

SEPT-OCT 2014
AUST \$5.95 INC GST
N.Z. \$6.95 INC GST



TUMMY Troubles?

THE LOW FODMAP
DIET COULD HELP

SUPER KALE

ARE YOU
GETTING
ENOUGH?

FEED THE FAMILY

FUSS-FREE
GLUTEN-FREE



HEALTHY BONES

30-DAY
OSTEOPOROSIS-
PREVENTION
MEAL PLAN

Peter
Kuruvita

Salsa, seafood and salads





FAIRTRADE COFFEE

Bean Ground & Drunk tastes sensational and has the credentials to keep a clear conscience.

This multi-award winning range is certified organic, just 100 per cent pure-blend Arabica beans, and it's part of the global Fairtrade movement.

Available in organic, organic decaffeinated and organic espresso at Woolworths and selected grocers. Shop on Facebook: bean ground & drunk organic coffee

RRP from \$8.49 per 250g pack

beangroundanddrunk.com.au

NATURE FIRST'S ORGANIC RICE PUFFS

If you're after a conventional cereal choice but don't want the added nasties, Nature First's Organic Rice Puffs are guaranteed to tick all your boxes. Gluten free, fructose free, sugar free and with no added salt, chemicals or preservatives, our rice puffs are perfect for kids, adults and low FODMAP foodies. Available at all leading independent supermarkets and health food stores.

RRP \$5.99

kadac.com.au



What a gem

Organic Times Little Gems make choosing easy. When you have a delicious chocolate treat that tastes as good if not better than the conventional ones we eat and give our kids, but without the nasty chemicals, why wouldn't you choose

the healthier organic and all-natural alternative? These delightfully gorgeous, crisp candy-coated, organic fair-trade chocolate buttons are naturally flavoured and coloured with fruit and plant extracts. Free from gluten, preservatives and artificial colours and flavours, Little Gems are the perfect family favourite to be enjoyed on their own or added as a special touch to your cookies, cakes and more.

organictimes.com.au



YesYouCan

YesYouCan is a Sydney-based, family-owned company driven to make the most delicious gluten-free foods. Their gluten-free and diet baking premixes taste so good that you won't notice they are gluten free at all. Try YesYouCan new soft and moist white bread, which has received very positive feedback.

yesyoucan.net.au



Authentic cuisine

Tasty Gozleme is a pre-filled traditional Turkish handmade and hand-rolled pastry that comes in five great varieties. Each pack contains two sheets, or four serves, and makes a delicious meal or snack.

Lightly pan fry with olive oil and you can enjoy authentic Turkish food at home in minutes.

tastygozleme.com.au

